

Wednesday Night Study Series – “The Power of Now”

Prayer of Surrender: Spirit of Truth, CARRY ME where you will; BRING TO ME what You will; TAKE FROM ME what You will; AWAKEN IN ME what You will. The Christ MAN is around me. The Christ MIND is in me. The Christ POWER flows through me. And, the Christ MYSTERY exists as me. I believe it. I perceive it. And, now I receive it! I am surrendered. Amen. And, so it is!

You Are Not Your Mind

Identification with your mind creates an opaque screen of concepts, labels, images, words, judgments, and definitions that block all true relationship. It comes between you and yourself, between you and your fellow man and woman, between you and nature, between you and God. It is this screen of thought that creates the illusion of separateness, the illusion that there is you and a totally separate “other.” You then forget the essential fact that, underneath the level of physical appearances and separate forms, you are one with all that is.

Meister Eckhart Quotes:

“I am that which thou art.”

We are all meant to be mothers of God, for God is always needing to be born.”

“To be full of things is to be empty of God; to be empty of things is to be full of God.”

“Let God, be God, as you.”

“The eye through which I see God is the same eye through which God sees me; my eye and God's eye are one eye, one seeing, one knowing, one love.”

“If the only prayer you said was thank you, that would be enough.”

“Be willing to be a beginner every single morning.”

“Every creature is a word of God and is a book about God.”

“Whoever possesses God in their being has Him in a divine manner, and He shines out to them in all things; for them all things taste of God and in all things it is God's image that they see.”

“As long as I am this and that, I am not all things.”

By “forget” I mean that you can no longer feel this oneness as self-evident reality. You may *believe* it to be true, but you no longer *know* it to be true. A belief may be comforting. Only through your own experience, however, does it become liberating.

Thinking has become a disease. Disease happens when things get out of balance. For example, there is nothing wrong with cells dividing and multiplying in the body, but when this process continues in disregard of the total organism, cells proliferate and we have disease.

The mind is a superb instrument if used rightly. Used wrongly, however, it becomes very destructive. To put it more accurately, it is not so much that you use your mind wrongly – you

usually don't use it at all. It uses you. This is the disease. You believe that you *are* your mind. This is the delusion. The instrument has taken you over.

Just because you can solve a crossword puzzle or build an atom bomb doesn't mean that you use your mind. Just as dogs love to chew bones, the mind loves to get its teeth into problems. That's why it does crossword puzzles and builds atom bombs. **You** have no interest in either. Let me ask you this: can you be free of your mind whenever you want to? Have you found the "off" button?

If you can't stop thinking altogether for more than just a few moments then your mind is using you. You are unconsciously identified with it, so you don't even know that you are its slave. It's almost as if you were possessed without knowing it, and so you take the possessing entity to be yourself.

The beginning of freedom is the realization that you are not the possessing entity – the thinker. Knowing this enables you to observe the entity. The moment you start *watching the thinker*, a higher level of consciousness becomes activated. You then begin to realize that there is a vast realm of intelligence beyond thought, that thought is only a tiny aspect of that intelligence. You also realize that all the things that truly matter – beauty, love, creativity, joy, inner peace – arise from beyond the mind. Then you begin to awaken.

Affirmation

"In this moment, I am aware that I am not my thoughts.

I am aware that I am not even the thinker of thoughts.

I am the observer of the thinker that is thinking thoughts.

Tonight, I will free my mind and be freed from my mind. Amen."